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## FINDING A GROOVE

The Knicks have won three of their last four. 28

How to win Black Friday. 24-25

Eating do's and don'ts for pregnant women. 26



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# BIG TOP, BIGGER DEBT

Big Apple Circus looks for buyer, facing bankruptcy. 4



GETTY IMAGES

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1. Why has the Big Apple Circus cancelled this year's shows?
2. How many games have the Knicks won in a row at Madison Square Garden?
3. Which food should you avoid if you're pregnant?

## 3 things you need to know

### ACTOR SAYS NO APOLOGY NEEDED FOR 'HAMILTON'; REMARKS TO PENCE

**I**n an actor from the hit Broadway musical "Hamilton" who angered Donald Trump when he appealed on-stage for Vice President-elect Mike Pence to ensure the incoming administration respected all Americans said on Monday he would not apologize for the remarks. President-elect Trump has complained several times about the comments delivered on behalf of the cast by actor Brandon Victor Dixon when Pence attended the show on Friday evening. In a series of weekend Twitter messages, Trump accused the cast of "terrible behavior," said they had "harassed" Pence and demanded that they apologize. Pence himself said on Sunday he was not offended, and declined to ask for an apology. **REUTERS**



### TECH WORKER VISAS FACE UNCERTAIN FUTURE UNDER TRUMP, SESSIONS

**2** The main U.S. visa program for technology workers could face renewed scrutiny under Donald Trump and his proposed Attorney General, Sen. Jeff Sessions, a long-time critic of the skilled-worker program. H-1B visas admit 65,000 workers and another 20,000 graduate student workers each year. The tech industry, which has lobbied to expand the program, may now have to fight a rear-guard action to protect it, immigration attorneys and lobbyists said. Trump sent mixed signals on the campaign trail, sometimes criticizing the visas but other times calling them an important way to retain foreign talent. Sessions, however, has long sought to curtail the program and introduced legislation last year aiming to make the visas less available to large outsourcing companies such as Infosys. **REUTERS**

### WAL-MART WILL OFFER CYBER MONDAY DEALS STARTING BLACK FRIDAY

**3** Wal-Mart Stores Inc will start offering online deals reserved for Cyber Monday two days in advance this year, joining a growing list of U.S. retailers who offer web promotions over the Thanksgiving weekend. Wal-Mart's special web promotions will be available on Black Friday, the retailer said in a statement late on Sunday. Cyber Monday is the biggest day of the year for internet shopping and follows Black Friday, which is the busiest shopping day for brick-and-mortar retailers. Wal-Mart recently said it will boost its online inventory for Black Friday by more than half this year, as it pulls out all stops to grow online sales this holiday season. The retailer has grown its online inventory to 23 million items from 8 million at the start of the year. **REUTERS**

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METRO.US

TUESDAY, NOVEMBER 22, 2016



GOOGLE COMMONS

## Food shortages pushing families off 'hunger cliff'

Nearly 42 percent of food pantries in New York reported running out of food in September, the study said.



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As the holidays fill our homes with family, friends and food, there are some who struggle — not just to make a holiday meal special — but to find something to eat every day. A new study cites cuts in food stamp benefits as one cause of the "hunger cliff," from which families in the city dangle.

Instead of emergency food services being used for emergency situations, an increased number of people across the nation rely on food pantries or soup kitchens to fill a chronic need for sustenance. The first line of defense should be food stamps, summer meal and school lunch programs and assistance for women with children, said Triada Stampas, author of the study.

"The emergency food network designed to fill in

the gaps. It is not designed to be the primary solution," said Stampas, who serves as vice president for research and public affairs for Food Bank for New York City.

Nearly 42 percent of food pantries in New York reported running out of food in September, according to the study. The same network of emergency food services reported that 29 percent of facilities had to turn people away due to lack of food, but according to Stampas, that is actually a decrease from previous years.

In 2010, the Healthy, Hunger-Free Kids Act was signed into law and reduced food-stamp funding and increased the reimbursement for school lunches by six cents. Stampas said the cuts to the food stamp program were never supposed to take effect in 2013, but Congress and the president did not find another source of funding.

The increase in need for emergency food services spiked and then held steady, Stampas said, never returning to pre-cut levels.

Diane Arneth, the executive director of Community Health Action, an arm

of Bright Point Health, said levels in the Staten Island facility rose from 400,000 meals served in 2013 to about 700,000 in 2014.

Forty percent of people who use Community Health Action's food pantry are employed and 42 percent of those served are under the age of 18.

Under the new White House administration, the problem could get worse, advocates say.

"At one point when the SNAP [food stamps] cuts came in, there were pantries that were turning people away and there were pantries running out of food," Arneth said. "Fortunately, that didn't happen to us too often. If resources shrink and if SNAP changes, frankly I'm not sure how we'd make up the difference."

"Our organization raises money to pay for the things we don't have money for and we spend, I would guess, close to 100,000 a year of what we raise on food. That's in addition to the literally hundreds of thousands of dollars we get from other sources [like private donors and state federal funding]."

SNAP benefits come

from a flexible budget, which means that when need increases, so does funding. When need shrinks, the money spent by the government does as well. "It would be dishonest to say we don't have anxieties," Stampas said of the incoming president.

If money is allocated to each state in a block, funding could run out and the network of food providers might have to make some hard choices.

Turning people in need away is the last thing any food bank wants to do, Stampas said. Instead, food pantries and soup kitchens try to do more with less, by reducing portion sizes or the number of meals in a bag.

"The question I always have is, having done this for so many years, how can a country that is as wealthy as this country have so many people that are going hungry?" Arneth asked. "We provide emergency food to people because they need to eat, but what are we doing as a country that we have so many people that stand in line for three hours for a box of cereal, a bag of rice and a can of beans?"



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# Big Apple Circus cancels 2016-17 shows because of debt problem

The circus filed for Chapter 11 protection in bankruptcy court.



GARY KANE  
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The Big Apple Circus announced Monday that it has filed for relief in federal bankruptcy court after an attempt to "Save the Circus" fell short of its fundraising goal.

The annual one-ring performance under the Big Top will be canceled for the first time in nearly 40 years, unless the circus can find a buyer or new financial support emerges, circus management said in a news release.

The circus has debts estimated at \$8.3 million and assets of about \$3.8 million, according to a report in The Wall Street Journal, which cited documents filed in bankruptcy court.

The nonprofit circus launched a "Save the Circus" campaign in June, but failed to raise enough cash to avoid a Chapter 11 filing.

"Despite receiving contributions from more than 1,400 donors, the Big



Ringmaster John Kennedy Kane performs with the Big Apple Circus in Boston last year. GETTY IMAGES

Apple Circus fell short of its fundraising goal and made the difficult decision not to proceed with the upcoming performance season," management said.

Circus executives said they intend to continue to operate some community programs,

such as Clown Care, in which performers visit children in pediatric hospitals, and Vaudeville Visits, which entertains people living in residential care facilities.

The circus was founded in 1977 and has entertained millions of

people at its home in Lincoln Center and on tour.

"We are eternally grateful for the support provided by audiences and donors over almost 40 years, and to all of the artists, crew, staff, and Clown Doctors who have provided joy, wonder, and

inspiration to so many," Executive Director Will Maitland Weiss said in a news release. "We are working to ensure that the spirit of the Big Apple Circus will live on."

In 2008, the Big Apple Circus performed more than 350 shows and generated more than

\$18 million in revenue. Attendance declined in the years that followed.

The circus's decision comes on the heels of a proposal by city council to ban performances by exotic animals in the city. The proposal was vigorously criticized by circus operators.

## Accused denies any part in fatal stabbing of Connecticut man

James Rackover insists he has never met Joseph Comunale, has never heard of him and definitely had nothing to do with the Connecticut man's death.

Speaking from the Manhattan Detention Complex where he is being held on \$3 million bond in connection with Comunale's stabbing death, Rackover, 25, was adamant about his innocence.

"This is complete bulls—," he told the New York Daily News on Sunday. "I've never seen this kid. I don't even know who he is."

Comunale's body was discovered on Nov. 16 with 15 stab wounds,



Joseph Comunale was called "Joey" by family. JOEY.COMUNALE/FACEBOOK

buried in a shallow grave behind a flower shop in a town on the New Jersey shore.

Rackover and his friend, Lawrence Dilione, have been charged with second-degree murder, concealment of a human corpse and tampering with physical evidence. Authorities say the pair tried to burn Comunale's body with gasoline to hide the evidence. Dilione is being held on the same bail amount.

Investigators are still trying to determine who actually killed Comunale.

Comunale, 26, was last seen alive on the night of Nov. 13 at Rackover's luxury mid-

town Manhattan apartment. Witnesses said they saw Rackover place a large duffel bag into his 2015 Mercedes-Benz that night, DNAinfo reported.

Other news media reported that Rackover had requested a luggage cart be sent to his door that night at the high-rise apartment on East 59th Street.

The accused maintains he never saw the victim and wasn't aware of his death until after his arrest.

Rackover claims he was at home watching an Ultimate Fighting Championship event that Saturday evening, and that he never left his apartment. He acknowledged that Dilione stopped by

with a group of people at 4 a.m., and continued to party until 7 a.m. Authorities have said that Comunale was seen walking into the building with two men and two women, all of whom he had met that night.

Rackover told The Daily News that the next day he watched football with his surrogate father, Jeffrey Rackover, who is a prominent Manhattan jeweler.

Meanwhile, Dilione has reportedly told authorities he and another man took Comunale's body to a town in New Jersey, next to where Dilione ran a roofing business, the New York Post reported.

AMANDA MIKELBERG

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Screenshot of an Instagram post showing the tongue sculptures at the entrance of the exhibit [ROLLINGSTONESBRASIL/INSTAGRAM](https://www.instagram.com/rollingstonesbrasil/)

## Rolling Stones exhibit annoys residents

"Exhibitionism" is highly inconsiderate, neighborhood residents tell Metro.



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The epic new Rolling Stones exhibit in the West Village isn't bringing everyone satisfaction.

Some residents near Industria Superstudio gallery at 775 Washington St., where the immersive Rolling Stones exhibit "Exhibitionism" will run from Nov. 12 to March 12, said that its construction and attractions are obnoxiously disrupting the neighborhood.

Westbeth Artists Housing on Bethune Street faces the back of Industria Superstudio, where parties for "Exhibitionism" are frequently held and rage until later hours.

"The events have been noisy, both from the load-in and the load-out, and the parties go way past the time that they should," Westbeth President George Cominskie told Metro. Westbeth residents, of whom many are seniors, complained to him about the

noise. But they aren't the only ones to sound off.

Last week, a party went to 4 a.m., he said, at which time a crew came in to dismantle with trucks and tractors that banged, cranked and went "beep, beep, beep as they backed up," prompting some of Cominskie's friends on Bethune Street to run out into the street and yell for them to get out.

"People on Bethune were severely impacted," he said. He had also observed many large trucks lining the streets during set up. And even the parties at reasonable hours are particularly loud.

"On Friday, they had a party and opened the door for smokers, and the noise was just going up and down the street," Cominskie said.

An email sent to Metro by someone using the name Marybeth Macklin complained that "Industria never sought community approval for the exhibit in this residential neighborhood, nor did they give us any warning."

She claimed the street was entirely closed down for two days as trucks supplied the exhibit.

Shipping company DHL — which stated on

the exhibit's website their pride to deliver for the Rolling Stones' many parts and to be a sponsor of the show — did not respond to inquiry about the street closures by press time.

The commotion in the neighborhood was noted by a security guard, Carlos Henao, at the Way West Development Corp. Next door to the exhibit was lots of garbage, and sidewalks obstructed with forklifts and cargo.

"What if an ambulance was required in this residential neighborhood, with plenty of elderly residents," Macklin stated in her email. According to her, someone associated with the exhibit told her that they hadn't thought of that — the potential need for an emergency vehicle to get through.

In a blurb on the website for the exhibit, DHL said, "We regard our contribution as something that's destined to endure; a lasting partnership between The Rolling Stones and DHL. After all, we all love to deliver satisfaction."

The public relations team for the exhibit did not provide comment about the grievances when Metro reached them.



# HOLIDAY SPECIALS FOR ALL

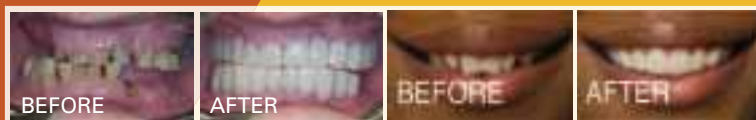
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## BRIEFS

**Donate to Metro's Toy Drive**

In keeping with the holiday spirit of giving, Metro is once again launching Metro Magic, our annual toy drive for underprivileged children in New York, Boston and Philadelphia.

This year marks the seventh anniversary of the toy drive, which was renamed in memory of the man who oversaw the project for more than four years, Tony Metcalf, Metro's longest-running editor in chief. Mr. Metcalf passed away

in 2013 from colon cancer at the age of 50.

Mr. Metcalf lit up every year as he saw the faces of children unwrap their holiday gifts. It is our goal to keep that magic alive.

"Tony felt we should use the size and scale of Metro to help others and he used enormous dedication and force to execute the project and every year make children in need a little happier during the holiday season," said Metro's Chief Executive Officer

Yggers Mortensen.

"I am proud to continue this project in honor of Tony and I hope all our readers, suppliers and members of the Metro team will help to make this yet another great Metro Magic year."

Metro has created a wish list at the Target website that readers can access by going to Metro.us and clicking on the Tony's Metro Magic story on the homepage.

From there, just choose the

toys you wish to donate, pay online using Target's secure payment system, and your gifts, along with your name attached, will be delivered to Metro's offices in each city.

This season, we hope you will remember the children who will spend the holidays in shelters or who may not have gifts to open. Even one small gift can make a big difference in a child's holiday season.

It's good to receive a gift. It's better to give one. **METRO**

## Tensions mount as Haiti waits on re-run election results



Haitian riot police make it to the streets where supporters of presidential candidate Maryse Narcisse of Lavalas marched in support of their candidate in Port-au-Prince on Monday. **GETTY IMAGES**

Haitians are counting on their next president to lift the country out of political limbo and repair damage from Hurricane Matthew, which devastated the country last month, killing up to 1,000 people and leaving 1.4 million needing aid.

Election tensions spilled onto Haiti's streets on Monday with shots fired outside the presidential palace as various candidates claimed victory in a re-run vote in the impoverished Caribbean country.

With paper ballots counted laboriously by hand, election results typically take a week to be announced in Haiti. But less than 24 hours after polling centers had closed, some candidates and their supporters claimed they had won, leading to chaotic scenes in the capital where guards were forced to shoot into the air to clear a celebrating crowd.

The provisional electoral council (CEP) released a statement urging the public to disregard any premature victory announcements.

"We call on the population not to believe or transmit any pseudo-result, even partial, that has reached them," it said. "Any result circulating on the internet or social media is not attributable to the CEP."

Electoral officials said they did not expect to have preliminary results until later on Monday, but it could well be longer as tally sheets arrived later than planned and a vote website faced problems. The head of Haiti's electoral council, Leopold Berlangier, said he expected to publish final results within a maximum of eight days.

Voter turnout in the election was less than 22 percent, an electoral observation coalition said on Monday.

The vote was first held in October 2015, but then annulled over complaints of fraud in the first round after Jovenel Moise, the candidate of former President Michel Martelly's Bald Heads Party, finished ahead of Jude Celestin, previously boss of a state construction company.

Further disputes ensued and a fresh vote due last month was postponed when Hurricane Matthew struck.

All told, more than two dozen candidates competed in Sunday's vote, including Moise, Celestin and Maryse Narcisse, who is running for the Fanmi Lavalas party and is backed by former President Jean-Bertrand Aristide. Former Senator Moise Jean-Charles is also in the running.

On Monday, a spokesman for the United Nations Secretary-General Ban Ki-moon urged Haitians to come together to fill the current political vacuum, reject violence and intimidation and use legal means for any possible challenges. **REUTERS**

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Scene of the bus accident in Chattanooga. TWITTER@CHATTFIREDEPT

## Tennessee school bus crash kills at least six kids

Five children were found dead on the bus and another died at a hospital, said Melydia Clewell, spokeswoman for the Hamilton County District Attorney's office.

A bus carrying dozens of elementary school students crashed in Chattanooga, Tennessee, on Monday, killing at least six children and sending 23 people to a local hospital with injuries, authorities said.

Rescue teams were still going through the bus so the number of fatalities could change, she said. There are two or three children at the hospital "who could go either way," she said.

Students on the bus, which carried as many as 35 passengers, were in kindergarten through fifth grade, a spokesman for the Hamilton County Sheriff's Office said. That would make them roughly ages 5 to 10.

Asked about the crash following a budget hearing in Nashville, Gov-

nor Bill Haslam said the state would offer its assistance.

"It's a sad situation anytime there's a school bus with children involved, which there is in this case," he said.

Photographs issued by the Chattanooga Fire Department showed the bus on its side, wrapped around a tree.

The bus driver is being questioned and co-operating with investigators, the Chattanooga Police said on Twitter.

Twenty-three people were transported in ambulances to a local hospital, and the last patient was extricated from the bus, the fire department said.

Police Chief Fred Fletcher called the accident "every public safety professional's worst nightmare," the Times Free Press reported.

Two bloodied students laid on stretchers in a front yard nearly an hour after the crash receiving attention from first responders, while others not taken to the hospital appeared dazed with cuts on their faces, the newspaper said on its website.

REUTERS

### BRIEF

#### Colombia's FARC leaders arrive in Bogota ahead of peace signing

The leadership of Colombia's Marxist FARC rebel group arrived in Bogota on Monday for meetings ahead of the signing of a new peace agreement with the government to end a half century of war, the insurgent group said.

The Revolutionary Armed Forces of Colombia (FARC) has been in talks in Havana, Cuba,

for the last four years, hammering out a deal to end a conflict that has killed more than 220,000 and displaced millions.

The latest accord aims to satisfy objections made by millions of Colombians who voted down the original deal in a referendum last month. It is still not clear how the new accord will be approved, but it seems likely it will be ratified in Congress rather than via another plebiscite.

President Juan Manuel Santos, who won the Nobel Peace Prize last month for his efforts to end the war, is expected to sign the new document with FARC leader Rodrigo Londono, but the timing has not yet been announced.

"National secretariat of the FARC is in the city of Bogota for meetings about the implementation of the definitive accord," Nuevo Colombia, the FARC's press unit, said in a Tweet.

It is not known where the rebel commanders will stay while they are in the capital, but security will be extremely tight.

Santos said on Saturday that he will allow the new accord to be debated in Congress before it is approved and passed into law.

The government last week published the revised deal, which addresses some of the objections to the original text, but leaves unchanged two of the thorniest complaints. REUTERS

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1- "White Mulberry Supplement as Adjuvant Treatment of Obesity", Journal of Biological Regulators and Homeostatics Agents., Vol 28, no.1, 2014.

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# Tsunami hits Japan after strong quake, nuclear plant briefly disrupted

The earthquake, which was felt in Tokyo, had a magnitude of 7.4 and was centered off the coast of Fukushima prefecture at a depth of about 6 miles.

A powerful earthquake rocked northern Japan on Tuesday, the Japan Meteorological Agency said, generating a tsunami that hit the same region devastated by a massive quake, tsunami and nuclear disaster in 2011.

A tsunami of up to 4.5 feet had been observed around Sendai, about 45 miles north of Fukushima, following the quake, which struck at 5:59 a.m. (2059 GMT Monday), public broadcaster NHK said.

Television footage showed ships moving out to sea from harbors as tsunami warning signals wailed, after warnings of waves of up to 10 feet were issued.

"We saw high waves but nothing that went over the tidal barriers," a man in the city of Iwaki told NTV television network.

All Japan's nuclear power plants on the coast threatened by the tsunami are shut down in the wake of the March 2011 disaster, which knocked out Tokyo Electric Power Co's Fukushima Daiichi nuclear plant, spilling radiation into the air and sea.

A spokeswoman for Tokyo Electric Power, known as Tepco, said the cooling system for a storage pool for spent nuclear fuel at the reactor at its Fukushima Daiichi Plant had been halted. A spokesman said the cooling system had restarted soon after.

No other damage from the quake has



A television news broadcast of the earthquake and tsunami warning FACEBOOK

been confirmed at any of its power plants, although there have been blackouts in some areas, the spokeswoman said.

Only two reactors are operating in Japan, both in the southwest. Even when in shutdown, nuclear plants need cooling systems operating to keep spent fuel cool.

Tohoku Electric Power Co said there was no damage to its Onagawa nuclear plant, while the Kyodo news agency reported there were no irregularities at the Tokai Daiichi nuclear plant in Ibaraki prefecture.

One woman suffered cuts to her head from falling dishes, Kyodo news agency reported, citing fire department officials. Japanese Minister for Disaster Management Jun Matsumoto told reporters about three hours after the quake that there had been no reports of significant injuries so far.

Earthquakes are common in Japan, one of the world's most seismically active areas. Japan accounts for about 20 percent of the world's earthquakes of magnitude 6 or greater.

The March 11, 2011, quake was magnitude 9, the strongest quake in Japan on record. The massive tsunami it triggered caused the world's worst nuclear crisis since Chernobyl

a quarter of a century earlier.

The U.S. Geological Survey measured Tuesday's quake at magnitude 6.9, down from an initial 7.3.

An Iwaki city fire department official said there was smoke or fire at Kureha's research center in a petrochemical complex in Iwaki city at 6:17 a.m. (2117 GMT Monday) but it was extinguished soon after. Other details were not clear, he said, but no other major damage had been reported in the city so far.

Japan's famous Shinkansen bullet trains were halted along one stretch of track and some other train lines were also stopped.

Footage from Kesennuma, one of the worst-hit cities in 2011, showed a deserted fish market with what appeared to be fish lying on the floor.

One hotel in Ofunato, also badly hit by the 2011 quake, initially told guests to stay in the facility but later bussed them to higher ground.

Japanese financial markets were little affected, with Nikkei futures recovering after a brief fall and the yen up a touch against the U.S. dollar, although still near a five-month low hit earlier in the session.

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# UN says nearly 1 million Syrians besieged; US names and shames commanders

Some 850,000 of those people are besieged by government forces, the United Nations said, while the rest are trapped by Islamic State militants and other armed groups.

The number of besieged Syrians has more than doubled over the past year to nearly one million, the United Nations aid chief told the Security Council on Monday, as the United States named 13 Syrian military commanders it accused of killing civilians.

"There is nothing subtle or complicated about the practice of besiegement. Civilians are being isolated, starved, bombed and denied medical attention and

humanitarian assistance in order to force them to submit or flee," U.N. aid chief Stephen O'Brien told the 15-member council during a monthly briefing.

O'Brien again urged strong action from the Security Council to back its resolutions calling for an end to attacks on civilians, humanitarian aid access and a lifting of sieges.

"Without strong backing from each of you, red lines will be crossed again and again; international humanitarian law will be trampled on; war crimes will be committed. And until there is action by you, there will be no accountability," O'Brien said.

The council has been divided over how to end the nearly six-year war, with Syrian ally Russia, backed by China, protecting President Bashar



A member of the Syrian Civil Defense group, left, known as the White Helmets, and a Syrian Arab Red Crescent member search for victims following reported government airstrikes on the rebel-held town of Douma, on the eastern outskirts of the capital Damascus, on Nov. 10. GETTY IMAGES

al-Assad from council action by vetoing several resolutions, including a bid to refer the situation in Syria to the International Criminal Court.

U.S. Ambassador to the United Nations, Samantha Power, named

13 Syrian military commanders she said had been involved in killing and injuring civilians since 2011 through air and ground assaults, and detaining and torturing civilians.

"The United States

will not let those who have commanded units involved in these actions hide anonymously behind the facade of the Assad regime," Power told the council.

"Those behind such attacks must know that we and the international community are watching their actions, documenting their abuses, and one day, they will be held accountable," she said.

However, Russian Deputy U.N. Ambassador Vladimir Safronkov accused Power of being hypocritical by not naming militants for killing civilians, and criticized her for naming the Syrian military commanders.

"You forgot even about your own golden standard of the presumption of innocence," Safronkov told the Security Council. "This is

*"Those behind such attacks must know that we and the international community are watching their actions, documenting their abuses, and one day, they will be held accountable."*

Samantha Power

something that can only be decided by legal proceedings. This is something that is elementary." REUTERS

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# Suspect arrested in San Antonio policeman's death; four US police shot on same day

The attacks on Sunday, which injured three other officers and led to the shooting death of a suspect, revived painful memories of deadly ambushes targeting police in July in Dallas and Baton Rouge.

A suspect was arrested on Monday in the fatal ambush shooting of a San Antonio police officer, local television reported, one of four officers shot in the line of duty in Texas, Missouri and Florida on the same day.

The attacks on Sunday, which injured three other officers and led to the shooting death of a suspect, revived painful memories of deadly

ambushes targeting police in July in Dallas and Baton Rouge.

KENS TV in San Antonio, citing multiple sources, said a suspect was arrested for the killing of 50-year-old Benjamin Marconi, a 20-year veteran of the San Antonio force who was fatally shot as he sat in his squad car during a routine traffic stop outside the city's police headquarters.

San Antonio Police planned a news briefing.

The assailant stopped his car behind the police cruiser, walked up and shot the officer in the head through the window as he was writing a ticket, San Antonio Police Chief William McManus told a news conference earlier on Monday.

The gunman then reached through the window, fired a second shot into the officer, re-



A man identified by the San Antonio Police Department as a suspect in the shooting death of police detective Benjamin Marconi, 50, is seen entering the police headquarters building in San Antonio, Texas, on Sunday, in a frame grab from video released by the police. SAN ANTONIO POLICE DEPARTMENT/HANDOUT

turned to his vehicle and sped away.

A total of 57 U.S. law enforcement officers have been killed by gunfire so far this year, a 68 percent increase from the same period in 2015.

Also on Sunday, a 46-year-old St. Louis police sergeant was shot in the face by a person in a car who pulled up be-

side the officer's cruiser at an intersection then fled. St. Louis Police Chief Sam Dotson said the wounded officer was conscious and able to speak after the attack.

The suspect was later killed in a shootout after officers spotted his car, police said on Monday.

Meanwhile, a third police officer was shot

*"This is everyone's worst nightmare. ... Unfortunately, like Dallas, like Baton Rouge, it's happened here now."*

McManus

on Sunday during a traffic stop on Sanibel Island on Florida's Gulf Coast but was not seriously hurt, local media reported.

The officer was treated for a shoulder wound, according to the reports, while the suspect was apprehended at his home on an island off Fort Myers.

In a fourth incident, a police officer in Kansas City, Missouri, was shot and wounded during a struggle with an armed suspect who tried to flee after a traffic stop, police said.

The suspect was killed and a Kansas City

police spokeswoman said investigators were determining whether the officer was shot accidentally by one his colleagues.

In Texas, federal, state and local authorities had joined the search for the San Antonio gunman, whom McManus described as "extremely dangerous, both to the police and to the public."

About four hours before the shooting, he said, surveillance video showed the suspect had briefly entered police headquarters and asked a question of a desk clerk before leaving.

REUTERS

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# NBCUniversal invests \$200M more in BuzzFeed

Online media company BuzzFeed, best known for its list-based articles and quizzes, said Comcast Corp.'s NBCUniversal had invested an additional \$200 million in the company.

NBCUniversal last year invested roughly the same amount in BuzzFeed.

NBCUniversal's parent company Comcast has pumped heavily into digital-native companies such as BuzzFeed and Vox Media, partly in an effort to better service existing advertisers.

BuzzFeed, whose content generates 7 billion views each month, will collaborate with NBCUniversal on production and social



distribution for NBCUniversal's Content Studio, the companies said on Monday.

In August, BuzzFeed

split itself into news and entertainment divisions amid media companies' struggle for balance between covering news and politics, and lighter fare like social media, entertainment and lifestyle.

LionTree Advisors was BuzzFeed's financial adviser and Fenwick & West LLP its legal adviser. Davis Polk & Wardwell LLP was NBCUniversal's legal adviser.

REUTERS

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# Reese Witherspoon, AT&T venture form media company aimed at women

Otter Media, the joint venture between AT&T Inc. and The Chernin Group, has partnered with Reese Witherspoon to form a new multimedia company, Hello Sunshine, aimed at telling female-driven stories.

Witherspoon's involvement in Hello Sunshine will come via her production company Pacific Standard, which counts films "Wild," "Gone Girl" and the upcoming HBO series "Big Little Lies" among its credits. As a subsidiary of Hello Sunshine, Pacific Standard will continue to make TV shows and films, but now will also branch out to include shorter-run digital content tailored for social media.

AT&T partnered with longtime media executive Peter Chernin to form Otter Media in 2014 as a way to capital-

ize on the booming streaming video industry, committing more than \$500 million to buy and/or launch new companies.

The new company could give AT&T an early stake hold in a marketplace currently light on content made both for and by women. A study by USC-Annenberg found that female characters made up only 28.7 percent of all speaking roles in film, while women accounted for just 15 percent of directors.

Witherspoon launched Pacific Standard with her producing partner Bruna Papandrea in 2012 as a means to get more women both behind and in front of the camera in more prominent roles. Papandrea recently left to start her own venture.



Actress Reese Witherspoon GETTY IMAGES

Otter Media's portfolio includes digital media company Fullscreen Media (which owns digital studio Rooster Teeth), social marketing agency McBeard and Gunpowder & Sky, the digital studio launched

by former Viacom executive Van Toffler. Otter Media also has invested in the Japanese anime and gaming space with two streaming video services in Crunchyroll and VRV. Earlier this year, Chernin Group

also acquired sports media company Barstool Sports.

AT&T has been in the process of acquiring Time Warner Inc., a deal expected to close next year should it pass regulatory hurdles. Last week, Time Warner's studio Warner Bros. agreed to acquire all of digital media company Machinima, a competitor to Fullscreen.

Kerry Tucker will serve as chief executive of Hello Sunshine. Tucker most recently engineered the sale of The Video Genome Project, a content-recommendation startup, to Hulu.

Seth Rodsky, founding partner of Strand Equity Partners, is partnered with Witherspoon on the deal and will join the Hello Sunshine board.

REUTERS

## BRIEF

### Facebook 'likes' Britain's talent, will add jobs despite Brexit

Facebook said it would expand its presence in Britain by 50 percent in 2017, joining other U.S. technology firms in increasing investment despite the uncertainty sparked by the country's vote to leave the European Union.

The social network firm said it would hire 500 new staff, adding to the 1,000 people it already employs in Britain, as Facebook gears up to open a new U.K. headquarters in London next year, following other firms drawn by talent and a thriving tech startup scene.

Before the Brexit referendum in June, campaigners in favor of remaining in the EU had warned that international companies could seek to reduce their presence in Britain as a withdrawal from the bloc would make it a less attractive place to invest.

Some big banks such as Goldman Sachs and Citi, which employ many thousands in London's financial center, are said to be considering shifting some jobs elsewhere in Europe as a result of Brexit, a worry for the British economy where financial services account for around 10 percent of output and provide some of the best-paying jobs. REUTERS

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# Pope Francis extends power to forgive abortion to all Roman Catholic priests

Pope Francis on Monday extended indefinitely to all Roman Catholic priests the power to forgive abortion, a right previously reserved for bishops or special confessors in most parts of the world.

Francis, who has made a more inclusive and forgiving Roman Catholic Church a characteristic of his papacy, made the announcement in a document known as an "apostolic letter" after Sunday's close of the church's "Holy Year of Mercy."

He said he wanted to "restate as firmly as I can that abortion is a grave sin, since it puts an end to an innocent life" but "there is no sin that God's mercy cannot reach and wipe away when it finds a repentant heart seeking to be

reconciled with [God]."

Francis had already temporarily granted the power to all priests to give what is known as "sacramental absolution" for abortion during the Holy Year, from Dec. 8 to Nov. 20, but the solemn tone of his words in Monday's letter suggested that the change would last for at least the rest of his papacy.

In Roman Catholic teaching, abortion is such a serious sin that those who procure or perform it bring automatic excommunication on themselves as they are knowingly committing a sin the church considers grave.

In the past, only a bishop or a designated special confessor could grant absolution for an abortion and lift excommunication.



Pope Francis arrives to celebrate a Holy Mass for the closing of the Jubilee of Mercy in St. Peter's Square in Vatican City, Vatican. GETTY IMAGES

*"I think it's very significant in the context of Pope Francis' theme of his pontificate, which is going to go down as the pontificate of mercy; he sees mercy as absolutely the key."*

Father James Bretzke

Although bishops in some dioceses in developed countries such as the United States and Britain had already delegated this authority to parish priests, the old practice was still in effect in most of the world.

"Not only is this a change in church policy, it changes church law," said Father James Bretzke, a professor of moral theology at Boston College.

"I think it's very significant in the context of Pope Francis' theme of his pontificate, which is going to go down as the pontificate of mercy; he sees mercy as absolutely the key."

At a news conference at the Vatican, Archbishop Rino Fisichella, who oversaw Holy Year activities, said the new

norms applied to all Roman Catholics involved in an abortion, including the woman and medical staff.

Fisichella rejected suggestions that some people could see the move as putting abortion on the same level as lesser sins.

"There is no type of laxness here," he said, repeating the pope's words that while abortion was very grave, there was no sin that could not be touched by God's mercy.

In a document last year, Francis described the "existential and moral ordeal" faced by women who have terminated pregnancies and said he had "met so many women who bear in their heart the scar of this agonizing and painful decision." REUTERS

## BRIEF

### Police fire water cannon at Dakota pipeline protesters in freezing weather

Police fired tear gas and water at hundreds of protesters in the freezing North Dakota weather late Sunday and early Monday, in the latest violent clash over a pipeline project.

An estimated 400 protesters mounted the Backwater Bridge just north of Cannon Ball, North Dakota, and attempted to force their way past police in what the Morton County Sheriff's Department described as an "ongoing riot."

The \$3.7 billion Dakota Access project has drawn steady opposition from activists since the summer, led by the Standing Rock Sioux tribe, whose tribal lands are adjacent to the pipeline. Native American activists and environmentalists say the line threatens water resources and tribal lands.

A joint statement from several activist groups said protesters were trying to remove burned vehicles blocking Backwater Bridge in order to restore access to the nearby Standing Rock Sioux encampments so emergency services and local traffic can move freely. REUTERS

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## Kanye West cancels remainder of Saint Pablo Tour

Kanye West left a lot of fans unhappy Saturday night after he walked off the stage at his Sacramento, California, concert after only about 30 minutes — half of which were spent doing what Kanye does best: ranting. The rapper managed to catch the full wrath of the Beyhive because of his shady remarks about Beyonce and Jay Z.

If you think Kanye might be having some

sort of meltdown, you could be right. A rep for the outspoken 40-year-old told Rolling Stone the remaining 21 dates of his Saint Pablo Tour have been canceled, including his New Year's Eve finale at Brooklyn's Barclays Center. All tickets will be refunded.

West himself has yet to comment. Is Kanye just exhausted, as E! News reports? Or is this a Beyhive conspiracy?

## Fans brings Lady Gaga to tears

After an amazing performance of her single "Million Reasons" at Sunday's American Music Awards, Lady Gaga found herself crying in the garage of the Microsoft Theater. She wasn't bummed about not taking home an award, or a wardrobe malfunction. The pop star was a weepy audience member for a group of fans serenading her with their

own rendition of "Million Reasons."

When they finished the song, the 30-year-old blew kisses, shook hands and hugged some of the fans. Gaga recently opened up about the need to take time off before making

her fifth solo studio album, "Joanne," in order to get back to what's important. We have to admit, this touching moment is probably somewhere on that list.

Someone grab the tissues.



## J.Law will not take a selfie with you



At just 26 years old, Jennifer Lawrence is not like most millennials. She has no student-loan debt, for one thing, which might have something to do with the fact that she made \$46 million last year, earning her the mantle of highest-paid actress in Hollywood for the second year in a row.

The other thing that separates Lawrence from her 20-something peers is that she "works very hard" on living as privately as possible: no Instagram, no Twitter,

no Snapchat. She also had a soft warning for admirers who overstep. "You might think you know me, but when you approach me you're a total stranger to me and I'm scared. I get very protective of my space," the "Passenger" star tells Vanity Fair. "If I'm eating dinner and somebody comes up and a flash goes off from someone's iPhone camera, I am really rude to that person."

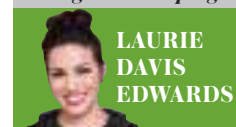
Yikes. Hope she doesn't carry a long-bow.

# Did your spark fizzle?



Dating-site users should wait seven days to follow up, says the expert. ISTOCK

### Single and Swiping



LAURIE DAVIS EDWARDS

"I had a few messages with a woman, but then she stopped messaging," one of my clients mentioned this week. It's not uncommon for a match to ghost, even before you've met offline.

There are a few dozen reasons I've heard for this lapse in response, including: They haven't logged into the site or app for a while, canceled their subscription, got busy at work, started seeing someone seriously, or perhaps just forgot to reply. It all happens. Don't take it personally — in very few instances will the reason be *you*. But you do need to be proactive.

### Give them space

Following up too soon can look overeager — and even needy — so give it some time (but not too much, or you risk

losing momentum). On a dating site, waiting about seven days is ideal; on an app, three is sufficient.

### Check read receipts

Some dating platforms allow you to see if the person has read your last message. If she hasn't read it, there is less chance she'll respond no matter what you write.

### Craft a check-in

Consider your follow-up a check-in — you're writing to see how they are, and if he's still interested. Focus on something timely, like what happened over the weekend, or "Hope you had an awesome Thanksgiving! I spent time with my family in the 'burbs — our flag football game was the highlight. How about you?" Make sure you end with a question — similar to an initial message — so it's simple for your match to respond. And no matter what you do, don't call them out for not replying sooner. Insecurity isn't sexy on anyone.

# the word

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# Meet Auli'i Cravalho, star of 'Moana'

A teenager from Hawaii wound up teaming up with The Rock on the latest Disney film.



**MATT PRIGGE**  
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matt.prigge@metro.us

Auli'i Cravalho was just a teenager from Hawaii before she scored the lead role in "Moana." She performed at her school's Concert Glee Club, she studied for her AP and she liked to dance the hula. When word came that Disney was searching for teenage girls for their latest animated film — an ocean adventure set centuries in the past, about a girl who sets sail by herself to save her island from destruction — Cravalho wasn't even going to audition. But she did, and all of a sudden a Disney fanatic found herself becoming a bona fide Disney princess, sharing vocal space with no less than Dwayne Johnson.

Bubbly and friendly, Cravalho — who turns 16 today, the day before "Moana" hits theaters — talks to us about her dramatically changed life, being inspired by "Mulan" and her adorable fat stray cat.

**How much has your life changed since making "Moana"?**

It hasn't changed that much. Finding a balance between school and this incredible blessing is a little tough. [Laughs] I'm still doing homework, whether it's on a plane



In Disney's "Moana," Auli'i Cravalho voices a young Polynesian girl who sets sail — eventually with a fun-loving demigod (Dwayne Johnson) — to save her island from ruin. **DISNEY**

or in a hotel room. My friends have changed just a little bit. They've started calling me "Moana" instead of Auli'i. My teachers call me that, too. But they're so proud and supportive. Even though I'm across hundreds of miles of ocean, I still get Skyped and texts. That's all I could have ever hoped for. But I am missing my cat right now.

**What kind of cat do you have?**

Oh my god. [Laughs] I have a domestic short-hair tortoiseshell cat. She's a stray.

**So you found her?**

Sort of. My childhood

friend found a stray cat, but she was moving. So I took her. She's become my lovable fat kitty who I feed too much. [Laughs] She falls over a lot and makes me laugh.

**I don't want to just assume you watched a lot of Disney films growing up.**

Oh no, you can assume.

**Which were your favorites?**

"Mulan" was definitely my first Disney love. I thought she was so empowering. I thought she just broke a gender norm. I realized that at a young age. Perhaps I didn't voice it as "she

broke a gender norm." [Laughs] But I knew she was really special. She understood what was needed of her and she went out and honored her family in such an immense and beautiful way.

**Disney has always been good at that: Their animated films have long tended to be about strong women, including Moana.**

Absolutely. Moana is such a beautiful heroine. She's gorgeous inside and out. She's strong, but that doesn't mean she isn't also deep and emotional as well. She's sentimental and kind and selfless for

her people, the way she would journey out into the sea. She had no idea how to do what she did, but she did it. She went out to save them, and also to find herself. I think that's universal.

**I can't imagine doing what she does. It sounds terrifying.**

Face your fear! Actually, that's bad advice, never mind. [Laughs]

**So I shouldn't journey into the ocean on a raft I made myself?**

You can do that, but I suggest you bring a Master Wayfinder. That's my only advice. [Laughs]



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# Wedding belle blues

Elle King is so happy to be bluesy pop-rock's new queen, she wants to marry everyone.



A.D. AMOROSI  
@MetroPhilly  
letters@metro.us

Elle King is having a very good year. Sure, you could count the fact that her bluesy debut album, 2015's "Love Stuff" went gold in 2016 and its top 10 single, "Ex's & Oh's," earned her two Grammy nominations. More recently, King appeared with Dierks Bentley on the 50th anniversary broadcast of the Country Music Association Awards, where the pair won a Musical Event of the Year prize for their "Different for Girls" duet, as well as Stephen Colbert's election night Showtime special.

Yet, it is the fact that King met the man she calls "the love of her life" earlier in 2016 that has inspired her the most; so much so that she started a live showcase, The Ministry Tour, where an exchange of vows is a centerpiece of each evening, with King acting as an officiator. (The couples originally

got connected to King through her Instagram account.)

"Who doesn't want to get married by me in front of thousands of people?" she laughs.

**How has conquering the world with "Love Stuff" changed your life so drastically?**

Totally changed. It was a slow climb for "Ex's & Oh's," and that song hit in America while I was in Europe. I called my mom, and I think I was a little blue about something, and she was like, "Baby, you're in for a big surprise when you get home." This past year has been outstanding — real "dreams come true" shows where everybody knows every word to every song. Still, this tour I'm doing now is the last hurrah for "Love Stuff."

**Have you just had enough of it?**

No, I'm getting ready to make the next record. I have more music in me, and there's an evolution from what I did with that one. Just for fun, we throw some of the new songs in on this show. I will, however, never get bored of "Ex's & Oh's."

**Do you know why**



Elle King on stage during this year's CMA Awards. GETTY IMAGES

**people connect to you on what seems like such a deep level?**

I think, I hope, that it's me — though I don't want to come off as egotistical. I grew up as not always the most popular girl and not always the prettiest girl, and I just said "Screw it." I did what I wanted, be myself and hoped people liked what I had to offer. I never changed that. I make music true to how I feel. People I know who respond to that, who tell me they respond to that, often tell me that they feel as if we're friends or could be best buds with a real connection.

**Speaking of best buds and connection, you're engaged.**

We met in January, started hanging together immediately where we never left each other's side. We got engaged two weeks later. He's my best

friend and has changed my view on everything. We're absolutely in love; so much so that I tried to figure a way of celebrating that love with my fans. So I started marrying them — that's the basis of the whole tour.

**Are you guys having a traditional wedding where your dad (comedian Rob Schneider) walks you down the road?**

My stepdad will walk me down the aisle because he's the man who raised

me. My betrothed is from Scotland, so we're not having a church wedding. It's going to be a small wedding in New York, a beautiful celebration with a dance party. Hoorah.

**Do you know all the technicalities of marrying people?**

I do. I have done in several times in the past, and know most of what aspects of it vary from state to state. I married friends in Utah and New

Mexico in the past.

**It's already nerve-racking getting married, and being onstage just adds to that edge. What would you say to those looking to marry unconventionally?**

It's just declaring your love in front of thousands of screaming people. It's easy. I tell people in the audience to scream louder. It's love. Why not get everybody to celebrate, to be a part of it?

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# How to shop for Black Friday deals

Tips and tricks from the experts.

**KATE MOONEY**  
@YatinBrooklyn  
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It's the most highly anticipated shopping day of the year. How can consumers best take advantage?

We consulted with

shopping and money-saving experts who offered their advice for best strategizing your spending. A combination of planning ahead, doing

your research, setting a budget — and sticking to it — is the way to ensure successful shopping during this season of deals.

## Should you shop in-store or online?

According to Sara Skirboll, shopping and trends expert at RetailMeNot, 73 percent of Black Friday shoppers this year are planning to shop at brick-and-mortar locations.

For those undeterred by the crowds, Woroch has a few tips for making your big shopping day more manageable.

"Consider heading to a mall or outlet center where you can access many retailers in one location and avoid driving around town," she says. Woroch also recommends finding out how many of a certain item is available in-store before you go. She suggests bringing a shopping buddy who can help divide and conquer your list — and wait in line for you while you're grabbing a last minute item.

Leaving your credit cards at home and paying with cash will keep you from making impulse buys outside of your budget.

Glaser says online shopping is preferable because it's more convenient and easier to make price comparisons on goods; and often, the deals online and in-store are roughly equivalent.

If you want to take your chance at in-store doorbusters for the

absolute lowest prices, he says, know that you run the risk of waking up early, waiting on line and maybe still not getting the deal before it runs out.

## Cash in on deals before Black Friday

It's a common misconception that Black Friday deals are limited to the day itself. In the days leading up to Friday, many retailers have already begun offering discounts. According to Glaser, Thanksgiving is actually the biggest day of the year for discounts and deals. He advises making your purchases on Turkey Day.

"You can do it without sacrificing family time because these deals are available online," he says. Deals will be also be available in stores, if you need a breather.

## What deals should you hold out for?

Mark Dec. 16 on your calendar, Free Shipping Day, when over 2,000 retailers offer free shipping, Woroch says. Gift cards and jewelry are offered at better deals in December, closer to the holidays, says Glaser, as well as toys and seasonal decor, notes Woroch. Prices on winter clothing, if you can wait, will drop in January and February.

## Which deals are trending this year?

According to Benjamin Glaser, the features editor at DealNews, the top categories this season are: TVs, laptops, home appliances and clothing. Cyber Monday, on the other hand, is a better day to find discounted airfare and hotel bookings.

## How should you research deals?

Check sites like DealNews and Bfads.net to stay up to date on the latest offerings across major retailers. If you already know what you want to buy, Glaser recommends a Google search to make price comparisons of an item across vendors. Camel Camel tracks prices on Amazon.

As far as apps, consumer and money-saving expert Andrea Woroch names the Flipp app and Shop Savvy for making price comparisons of digital circulars, coupons and in-store items. Coupon Sherpa gives you access to in-store coupons, while Santa's Bag App will help you keep track of your shopping list and budget.

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# Shop these Black

You need a game plan before you hit the stores this year.

Some like to play football post-Thanksgiving gorge fest, and others like to partake in another national sport: Black Friday shopping. But before you hit the malls, or your handy laptop, we highlight some sales to get excited about.

## Keds

We're loving Kate Spade's sparkly new kicks for Keds, and on Black Friday and Cyber Monday you can get 30 percent off all full-price styles.

## JCPenney

Black Friday sales start at midnight Nov. 23 at JCPenney.com.

But brave in-store shoppers (doors open at 3 p.m. Thanksgiving Day) should arrive early to receive an envelope containing mystery coupons. Some of this year's deals include Mixi touch tech gloves for \$1.99, select Teenage Mutant Ninja Turtle toys for \$5.99, \$79 for a Sharper Image 5.1 channel Bluetooth home-theater system and \$994 for the Samsung 26-cubic-foot three-door French door refrigerator. The retailer is also offering up to 40 percent off appliances.

## Gilt and Gilt City

Need a new wardrobe? Gilt has you covered from now through Cyber Monday with steep discounts on trendy women's, men's, kid's and chic



We have a lot more sales on Metro.us **ISTOCK**

home essentials at up to 80 percent off. Expect brands such as Jimmy Choo, Cosabella, Moncler, Tod's, Paul Smith, Nespresso and Dyson.

## Target

Target will open its doors at 6 p.m. on Thanksgiving. But eager beavers can shop all of the retailer's deals early morning at Target.com with free shipping. What to expect: superlow prices on popular items like Powerbeats 2 Wireless Earphones, Fitbit Charge HR and an HP 15.6" laptop. Other special deals: A 50" Hisense 4K UHD TV will go for \$249.99; Apple Watch series 1 will start at \$198; a Motorola Digital Video Baby Monitor will be \$129.99, down from \$259.99; and all apparel and

shoes for the family will be 30 percent off.

## HomeDepot

Unlike other big retailers, Home Depot will be closed Thanksgiving (but will offer online-only savings starting at 6 a.m.). When you do get into the store, which opens at 6 a.m. Friday, expect great deals on tools and more. Deals include up to 40 percent off major appliances and an extra \$450 back when you buy two or more appliances valued at \$498 plus.

## Amore & Sorvete

More of a reason to work off that giant meal. From Friday through Monday, Australian swimwear line Amore & Sorvete is offering 30 percent



Samsung 26-cubic-foot 3-door French door refrigerator PROVIDED

# The best Black Friday

Black Friday shopping can be chaotic, sometimes violent and occasionally disappointing. For shoppers who want to spend less time browsing the racks and more time getting great deals, a report has named the best stores to do just that.

WalletHub, a personal-finance website, crunched the numbers

of 8,000 Black Friday deals from 35 of the largest national retailers and identified which offer the biggest discounts, including by category.

Macy's topped the list, with an average 63 percent discount for Black Friday shoppers.

Other national retailers that made the top 10 were Kohl's, which came

in sixth, with an average 58 percent discount, and Sears, in 10th place with 44 percent.

On average, shoppers can expect to save about 39 percent on Black Friday. WalletHub encourages shoppers to aim for that discount amount or higher to avoid traps.

WalletHub also analyzed which items shoppers can expect to save

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# Friday sales



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## The Cambridge Satchel Company

There's no excuse not to have a chic bag. The Cambridge Satchel Company is offering 40 percent off all products from Friday through Monday.

## Maje

Nab some trendy winter essentials at Maje with 25 percent off the entire collection Monday. Shoppers who spend over \$500 will receive a Diptyque candle.

## Rebecca Taylor

Step up your style game for the New Year (yes, it's around the corner) at Rebecca Taylor. From now

until Nov. 28, the brand is offering 25 percent off all purchases with the code: CELEBRATE.

## Aritzia

Expect major deals at Aritzia. The women's retailer will have select fall and winter items on sale for up to 50 percent off from now until Nov. 28th at Aritzia stores (Nov. 21-27) and on aritzia.com (Nov. 27-28).

## Giejo

From Nov. 25 through Dec. 1, hip bathing-suit brand Giejo is offering 50 percent off on cute suits. Just enter the code: GRATEFUL50 and start plotting your next beach get-away.



Apple Watch PROVIDED

## Ann Taylor

Ann Taylor is not messing around this Black Friday. Shop chic looks online or in-store for 50 percent off from Wednesday to Sunday. Code: CELEBRATE.

## Shopbop and East Dane

Shopbop and East Dane are rewarding your shopping sprees from now through Monday. Customers who spend \$200 and more will receive 15 percent off their purchase. Spend \$500 and more and you get 20 percent off. Big spenders who drop \$800 and more will get 25

percent off with the code GOBIG16.

## Sorel



Jimmy Choo Maurice Laser-Cut Nubuck Bootie PROVIDED

From Friday through Nov. 27th, the brand will offer 25 percent off all footwear and 40 percent off all apparel in its NYC flagship (345 W. 14th St.). In-store customers can also enjoy a complimentary cup of hot chocolate while doing damage.

## Rebecca Minkoff

From Wednesday to Sunday, Rebecca Minkoff will offer up to 75 percent off sales items. But the savings don't stop there, shoppers who spend \$100 will receive 25 percent off online and in-store. Bonus: Friday from 10 a.m.-12 p.m., in-store shoppers will get a swag bag with every purchase.

## Old Navy

The party starts early at Old Navy. Starting Wednesday from 6 a.m. until 10 p.m., the entire store will be 50 percent off. The sale will continue when stores open Thursday at 4 p.m. until Friday, at midnight, giving shoppers 32 hours straight to snag incredible deals. On Black Friday, Old Navy will offer its Frost-Free jacket for the family at a door-buster price of \$10 (while supplies last). The savings last throughout the weekend, with 40 percent off the entire store Saturday, Sunday and Monday.

METRO

# deals

the most on. Deal seekers buying jewelry or clothing and accessories will save the most, with savings averaging 65 percent and 45 percent, respectively. But there's bad news for parents: The pre-Christmas shopping event doesn't bring great savings on toys, which, on average, see only about a 33 percent discount. At big-box re-



Make sure the sales are worth your while. ISTOCK

tailer Target, toys are only about 17 percent off.

To read the full re-

port and see average deals for major retailers, visit wallethub.com.

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# The best foods for pregnant women

You can still eat soft cheese—if it's pasteurized.

**KATE MOONEY**  
@yatinbrooklyn  
kate.mooney@metro.us

Willow Jarosh and Stephanie Clarke, the duo behind C&J Nutrition, a NYC and Washington, D.C., wellness company, noticed a common concern among their pregnant clients: Many were overwhelmed trying to keep track of all the foods they'd been told were taboo.

That inspired the duo to write the "Healthy Happy Pregnancy Cookbook," a guide to "all the amazing things that [pregnant women] can and should eat," including more than 125 easy-to-make, nutritious recipes.

"During pregnancy, you can actually treat some of the discomforts you're having via your

food choices each day," Jarosh says, adding that the concept of "food as medicine" is integral to their wellness practice.

The two certified nutritionists and registered dietitians suggest the best foods to combat the most common pregnancy discomforts, advise how to manage cravings — and share a nausea- and cramp-fighting orange-carrot smoothie recipe.

**Your cookbook includes recipes to treat common ailments during pregnancy. Let's start with morning sickness.**

With nausea, getting a little bit of protein with each meal really helps combat that. Many protein-rich foods, particularly meat and foods that smell strongly, are really off-putting to women who are experiencing nausea. Smoothies, which are cold and refreshing, are a great way to incorporate protein sources like yogurt



## Common misconceptions

Many pregnant women believe that all soft cheeses, like feta and brie, are off the table. "But the only reason not to eat a soft cheese when you're pregnant is if it's unpasteurized," says Clarke. "Deli meats, you shouldn't eat cold but you can if they're heated."

When it comes to coffee, you're fine to keep it to two cups a day. If you do decide to cut it out, for whatever reason, Clarke and Jarosh caution against going cold turkey to avoid caffeine withdrawal.

and tofu in a way that doesn't feel protein-y. We wanted to make the recipes easy for someone else to make because you don't necessarily want to be in the kitchen when

"We hear a lot from our clients that they're really bummed they can't eat fish anymore," the authors say. "The opposite is actually true: It's really important to get the DHA and omega-3 fatty acids during pregnancy that salmon and tuna and the really fatty fish provide." There are only four fish that pregnant women should avoid: shark, swordfish, tilefish and king mackerel, which are known for high levels of methyl mercury.

you feel that way. Quinoa is a good high-quality source of protein with a more carby feeling. We add chicken-bone broth to make a carrot-ginger soup that's rich in protein

and ginger helps combat nausea.

### What do you recommend for alleviating constipation?

We wanted to focus on foods that include fiber naturally. Sometimes you'll see products that have a concentrated amount of fiber added, and that can sometimes cause digestive discomfort and bloating and gas. We also wanted to use foods that contain a lot of water, because if you increase fiber intake without increasing water, it can actually cause constipation.

We have a recipe for a carrot cake chia pudding — chia seeds are hydrophilic, they can hold up to 10 times their size in water. We also used foods that are rich in magnesium, which helps

to relax the digestive systems: almonds, peanuts, avocado, brown rice.

### Tips for dining out while pregnant?

Filling half your plate with veggies is something we recommend. Research beforehand. So many restaurants have information on ingredients and nutrition online now, so you can plan before you go. Don't be shy about asking for what you want, or if something can be swapped out.

View the smoothie recipe at [metro.us](http://metro.us)

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# How to cook with fruit and veggie scraps

Make your kitchen waste-free.



SHARON FEIEREISEN  
@MetroPhilly  
letters@metro.us

Turns out eating on a budget isn't an oxymoron — in fact, you've probably been throwing out one of the solutions for years. What do we mean? Fruit and veggie scraps! That's right. You can save money — and load up on nutrients — by eating food parts you might think are destined to be trimmed away.

"I love [leafy] carrot tops, and chimichurri sauce is one of my favorite ways to use them," says registered dietitian nutritionist Shirlee Rosen. "I recommend carrot tops to my clients because they're very low in calories — a cup contains only 88 — they're rich in vitamin A, contain six times more vitamin C than the roots [vitamin C is great for your immune system] and they're high in antioxi-



Save your leafy carrot tops to add to a chimichurri sauce. ISTOCK

dants."

To make carrot-green chimichurri, finely chop your carrot greens and mix them with your choice of dried spices (think: oregano, cumin, paprika, red pepper), minced garlic, vinegar and olive oil. Then serve the mixture with roasted carrots, sliced baguette or grilled fish/meat.

Broccoli leaves are an-

other oft-overlooked low-calorie and nutrient-rich option. "Use them in stir-fry or your savory smoothie as you would any dark-green leafy vegetable," suggests Rosen. "You can also make broccoli-leaf chips. Toss the leaves with olive oil, sea salt, pepper and some garlic powder and roast at 375 degrees for about four minutes."

According to Rosen,

not only have broccoli leaves been shown to have higher amounts of beta-carotene — an antioxidant that's beneficial for skin and eye health — than any other part of the broccoli, but they contain more fiber and are high in vitamins A and C, both beneficial for boosting your immune system.

Here's another one that might surprise you:

onion skins.

"They contain concentrated amounts of flavonoids [phytonutrients], which are antioxidant-rich and anti-inflammatory, and work well when simmered into soup," Lysie Lakatos and Tammy Lakatos Shames, the registered dietitians and nutritionists known as The Nutrition Twins, wrote in an email.

Celery leaves are also quick and easy to integrate. "They have a flavor similar to parsley," according to Lakatos and Shames, who recommend adding them to your salads, smoothies and soups.

While you might think citrus peels (lemon, lime, grapefruit, tangerine) are good for little more than zest, they're not only rich in vitamin C, beta-carotene and folate, they're wholly delicious.

"We suggest oven-drying them and then grinding them down into a powder," they say. "Then use the powder to flavor soups, teas, or infuse it in

a cocktail or water."

And if you're sick of spinach, try beet greens.

"Boil them for about a minute in an open pot," says Rosen. Enjoy them on their own or in any recipe as a spinach substitute (think omelet). Beet greens are an excellent source of vitamins K, A, E, C and B12, potassium, magnesium, fiber, calcium and iron. An increased intake of dark green leafy vegetables has been associated with lowering the risk of certain chronic diseases, including type 2 diabetes, high blood pressure, cardiovascular disease and stroke.

Feeling inspired? "You can use almost any scrap you can think of — carrot peels, herb stems, leek tops — to make homemade vegetable stock," suggest the Nutrition Twins. You'll need four to six cups of mixed scraps, which you can collect in a large zip-top freezer bag.

Here's to cooking from root to stalk!

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# Knicks offense starting to click

Carmelo and Porzingis are working off each other well.

TONY WILLIAMS  
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Knicks head coach Jeff Hornacek is still trying to figure out things as the new man in charge, but he's at least starting to recognize that his two franchise players, Carmelo Anthony and Kristaps Porzingis, can play together and complement one another.

Sunday's win over the Atlanta Hawks showed just how effective Hornacek's offense can be when the two stars play together, move the ball around the horn and masterfully create spacing for others. Team president Phil Jackson sat in on a players' meeting over the weekend and reportedly stayed out of the fray, instead being an attentive listener — a good sign for

those hoping he stays out of offensive matters going forward and ceases to meddle with Hornacek's preference of keeping the offense up-tempo, with a primary spotlight on his two stars.

Anthony notched a game-high 31 points on an efficient 22 shots, while Porzingis chipped in with 19 points — 14 in the first half — and 11 rebounds. Porzingis set the table with his stellar opening half, and when he fell into some foul trouble in the third quarter, Anthony took over to finish off a very good Hawks (9-4) squad in a convincing 104-94 win. The way New York (6-7) outpaced Atlanta was a great sign, as this is the same Hawks squad that currently sits second in the Eastern Conference and previously beat the conference's top team, the defending champion Cleveland Cavaliers.

It was the Knicks' fourth-straight win at the Garden, as they've been



Carmelo Anthony and the Knicks trumped the Hawks at MSG this past Sunday. GETTY IMAGES

victors in two of its last three contests. But the real story has been the way the dynamic duo is starting to play well off each other. Anthony and Porzingis accounted for 59 percent of the Knicks' 46 first half points, show-

ing just how dominant they can be in Hornacek's offense. The ball movement has been crisp and the players are starting to gel offensively in recent contests, which shows that the Knicks might be capable of getting over this early-season slump and start to get on a roll — but only if Jackson stays out of it and allows Hornacek's system to really bloom.

Porzingis is starting to blossom into an all-around forward that usually thrives in this type of system. He registered his second double-double in his last four games and held his own against All-Star forward Paul Millsap

by working him inside (7-of-11 inside and mid-range) and out (knocking down a 3-pointer).

Anthony rarely gets credit for his passing wares, but the truth is he's a better distributor than what's due. He's not to be confused with an elite facilitator, but against the Hawks he made superb "hockey assists" — passes that were to the guy who eventually got the assist.

Hornacek credited the gelling to his primary scorer, noting most everything still runs through Anthony.

"He's still one of the best in the league at one-on-one play. We have

*"He's still one of the best in the league at one-on-one play."*

Jeff Hornacek  
on Carmelo Anthony

confidence in [Anthony's decision making]," Hornacek said, adding the more the supporting cast moves off the ball, the better the stars can perform and get easy open looks for all. "Guys tend to stand around [watching stars, but] we're trying to get those guys to cut. ... In this game, you're trying to find who that guy is that's going to command a double-team, and play off him."

Anthony was the dominant scorer against Atlanta, because that's what he does as well as anybody in the league, but it was also his ability to set up his teammates with crisp passes that kept the defense honest.

Porzingis appreciates the well-rounded game of Anthony, and the budding chemistry he's built with the future Hall of Famer.

"Without Melo, it would be much more difficult for me to get those points. People don't realize that," he reasoned.

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# YANKEES FINALLY TAKING TIME TO BUILD IT RIGHT

## MARC MALUSIS

### OPINION

Marc Malusis is a columnist for Metro New York and a host on WFAN and CBS Sports Radio.  
@marcmalusis



As it appears right now, the Yankees are not going to be a playoff team in 2017, and I am fine with it. They are taking a shot at greatness and they should be applauded for it. Certainly, they will have to sell tickets and be watchable this upcoming season and I think they will be. I am looking forward to watching a young group of players develop, for better or worse, right before our very eyes.



The Yankees have a solid core of good, young talent. GETTY IMAGES

The Yankees have not won a World Series since 2009 and they have made the postseason just once in the last four years, and that appearance lasted just nine innings. In the last four years the Yankees have won 85, 84, 87 and 84 games. They have not been awful, they just have not been what you expect from the Yankees. They have not been brilliant.

It began last year for the Yankees, and that was the decision to trade the likes of Carlos Beltran, Andrew Miller, Ar-

oldis Chapman and Ivan Nova for prospects to build, as Brian Cashman described, an "uber" team. The Yankees farm system is now ranked as one of the best in all of Major League Baseball. I am all for it and I believe Yankee fans are ready to be patient. I know it is the dreaded word that nobody wants to hear when you are discussing the teams that you root for.

Lets face it, we live in a "what have you done for me lately?" society where everyone wants everything now.

Sometimes you need to be patient though, and Cashman hopes that patience does pay off.

Gleyber Torres, acquired from the Cubs, was just named Arizona Fall League MVP. Clint Frazier, the hotshot outfielder acquired from the Indians, should make his presence felt at some point in 2017. I know not everyone will pan out and there will be prospects who never realize their potential. I get that and I fully understand that. However, I would rather see the Yankees take a shot at building a championship caliber team than spinning their wheels in mediocrity.

Gone are the likes of Alex Rodriguez and Mark Teixeira and the face of the Yankee franchise moving forward will be young power-hitting catcher Gary Sanchez.

When news came down last week that they had traded veteran catcher Brian McCann to the Houston Astros for two young pitching prospects, it was music to my ears. It signaled the Yankees had seen enough from Sanchez to believe that he is the real deal.

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*She is one of the only certified Spiritual healers.*

**Reading by Phone First Reading Free**



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*Someone had wished I wouldn't marry the  
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### FAMILY

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\* Finance \* Love \* Lottery  
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\* Black \* Reunite \* All other  
Magic \* Lovers \* Problem

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\* EVIL SPIRITS \* JOB  
\* EVIL EYE POWER \* MONEY  
\* HEALTH \* EDUCATION  
\* LOVE \* COURT CASES  
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\* FAMILY PROB \* REUNITE LOVERS

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Is my Specialty

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**LOVE GURU**



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 EVIL SPIRITS \* VODOO \* BAD CURSE \* WITCH CRAFT \* OBEAH  
 JEALOUSY \* SEXUAL PROBLEMS \* COURT CASES \* DEPRESSION  
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 JEALOUSY, BLOCKAGE & ALL EVILS

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Solves Problem Like  
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 Blockage etc.



**I WILL REMOVE & DESTROY, BAD LUCK, WITCHCRAFT, OBEAH,  
 JADOO, VODOO, BLACK MAGIC, PERMANENTLY**

*Worrying is wasting energy on the things you can't control Leave everything in my hand*

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**EXPERT IN  
 READING PAST  
 PRESENT  
 FUTURE**

Solves Problem Like Depression, Love,  
 Job, Money, Business, Jealousy,  
 Husband & Wife, Blockage, Etc

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 HILL. NY 11417 (PVT. HOUSE)



## metro.us /games

### Across

- 1 Act servile
- 5 Warmonger of myth
- 9 Nary a soul (2 wds.)
- 14 Ottoman title
- 15 Pike's discovery
- 16 Oscar-winner Burstyn
- 17 Like a grouch
- 19 Zorro's farewell
- 20 Help-wanted abbr.
- 21 Feels crummy
- 22 Fridge coolant
- 23 Relies on
- 25 Malt beverages
- 26 Country rtes.
- 27 Baton wielder
- 30 Dashboard feature
- 33 Cap
- 34 -- Kippur
- 36 Fictional governess
- 37 Dispense
- 38 Labyrinth
- 39 Gator Bowl st.
- 40 Romulan or Klingon
- 41 Like most jackets
- 42 Beyond rad
- 44 Drain cleaner
- 45 Boutique
- 46 Passed out
- 50 Coffee order
- 52 Crescent-moon end
- 53 Wallach or Lilly
- 54 Sir opposite

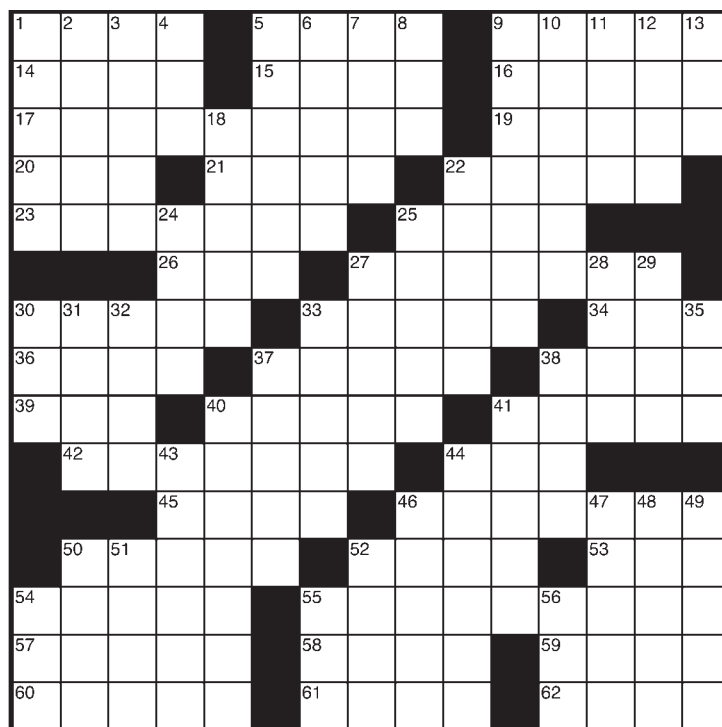
- 55 Money, slangily (2 wds.)
- 57 Complaint
- 58 Be an omen of
- 59 Klein of fashion
- 60 Distributed, with "out"
- 61 Train for the ring
- 62 Autocrat of yore

### Down

- 1 Turned toward
- 3 Concur
- 2 Excited cry
- 4 "Mona Lisa" crooner
- 5 Orchard pests
- 6 Feels dizzy
- 7 Truck stop sign

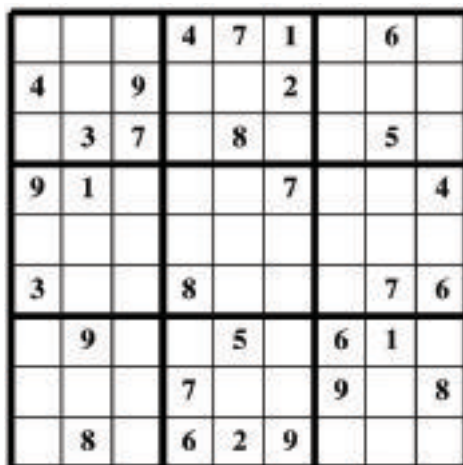
- 8 Aurora locale
- 9 Least distant
- 10 From further back
- 11 Hodgepodge
- 12 Las Vegas gas
- 13 Printer's units
- 18 Gung-ho response (hyph.)
- 22 Navy
- 24 A Great Lake
- 25 Baseball's Hank --
- 27 Rumpus
- 28 Tatum's dad
- 29 Soft mud
- 30 Boxing official
- 31 Auel's heroine
- 32 Oater challenge
- 33 Zeppelin
- 35 Kind of student
- 37 Remote
- 38 Bearing
- 40 Red-faced
- 41 Recumbent
- 43 It may be narrow
- 44 More spacious
- 46 "Klute" star
- 47 Prom attenders
- 48 Helen, in Spanish
- 49 Greasy spoon
- 50 Be bold enough
- 51 Prevent errata
- 52 Basketball rim
- 54 "The lion" studio
- 55 Deli units
- 56 Two-timer

## metro.us/crossword

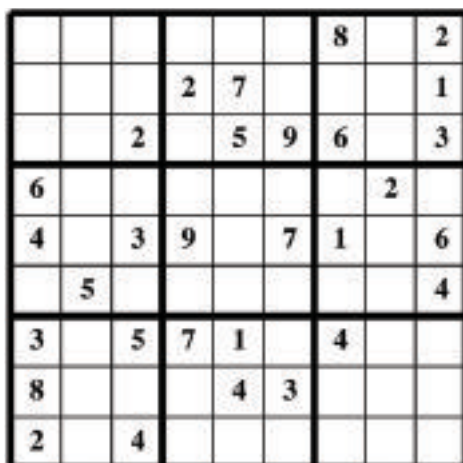


## metro.us/sudoku

easy



hard



## metro.us/horoscopes



**Aries** Go over personal papers and change anything that is outdated. Sharing information with an old friend or colleague will result in an interesting prospect.



**Taurus** The changes you make will upset someone close to you. Discuss your plans and make adjustments that will help you keep the peace and win support and favors.



**Gemini** Domestic issues are best handled with diplomacy. Recognize what others are going through before you make assumptions.



**Cancer** Attending an industry event will help you decide whether to stay put or make a move. Choose personal satisfaction over making more money.



**Leo** Take the high road, no matter what it is you do. Your words will resonate with someone who can help you reach your objective. Put your plans into motion.



**Virgo** Good things come to those who take action. Refuse to let anyone hold you back. If you want something, take the initiative and pursue your dreams.



**Libra** Someone you have helped in the past will now offer you aid. If you call in favors, you will be able to make positive adjustments to your lifestyle.



**Scorpio** Be true to yourself and live your dream. It's up to you to choose what's best. Don't feel guilty saying no to someone putting unreasonable pressure on you.



**Sagittarius** Taking a day trip or participating in a community event, conference or trade show will spark your imagination and help you make decisions to improve your life.



**Capricorn** A relationship will need a minor adjustment. Check out your options and make suggestions based on experience. Simple plans will get the best results.



**Aquarius** Do something nice for someone you care about. Taking the time to tailor positive changes to fit someone else's schedule or lifestyle will result in rewards.



**Pisces** Stay focused on honing your skills and keeping up with technology. Avoid dealing with people who don't share your beliefs.

EUGENIA LAST

### Yesterday's answers



Can't wait until tomorrow to check your answers? Visit metro.us

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**CAC**  
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# The 90<sup>th</sup> Macy's Thanksgiving Day Parade



**9AM - NOON, THURSDAY, NOVEMBER 24, 2016**

## Floats

1-2-3 SESAME STREET by Sesame Workshop  
★NEW! THE ALOHA SPIRIT by King's Hawaiian®  
AT THE BALL GAME by Cracker Jack®  
BIG APPLE BY NEW YORK DAILY NEWS  
BIG CITY CHEER! by Spirit of America Productions  
★NEW! BUILDING A BETTER WORLD  
by Girl Scouts of the USA  
★NEW! CHINA'S CHENGDU – HOME OF THE  
GIANT PANDA by Sino-American Friendship  
Association  
THE COLONEL'S ROAD TRIP TO NYC  
by Kentucky Fried Chicken  
THE CRANBERRY COOPERATIVE  
by Ocean Spray®  
★NEW! DECK THE HALLS by Balsam Hill  
DISCOVER ADVENTURE! by Build-A-Bear  
FREE TO GROW by Sprout®  
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★NEW! FUN HOUSE by Krazy Glue  
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by GoldieBlox®  
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by Hallmark Channel  
IT'S ALL ROCK & ROLL By Gibson Brands®  
MOUNT RUSHMORE'S AMERICAN PRIDE  
by South Dakota Department of Tourism  
ON THE ROLL AGAIN by Homewood Suites by  
Hilton®  
SANTA'S SLEIGH  
SNOOPY'S DOGHOUSE by Peanuts Worldwide  
STIRRIN' UP SWEET SENSATIONS  
by Domino® Sugar  
TEENAGE MUTANT NINJA TURTLES  
by Nickelodeon  
TOM TURKEY  
TREASURE HUNT by Pirate's Booty®  
WINTER WONDERLAND by Delta Air Lines

## Bands

Cary High School Marching Band  
Grain Valley High School Marching Band  
Greendale High School Marching Band  
Harrison High School Marching Band  
Hendrickson High School Marching Band  
Joe E Newsome High School Marching Band  
Macy's Great American Marching Band  
Na Koa Ali'i Hawai'i All-State Marching Band  
NYPD Marching Band  
Prospect High School Marching Band  
The US Military Academy Band  
West Virginia University Mountaineer Marching Band

## Talent

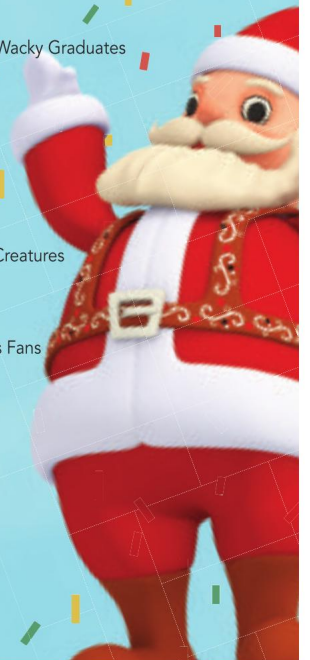
ALOE BLACC  
BEN RECTOR  
BRETT ELDREDGE  
CHLOE x HALLE  
CLARESSA SHIELDS  
DAYA  
DE LA SOUL  
DIAMANTE ELECTRICO  
EASTON CORBIN  
FITZ & THE TANTRUMS  
GIANFRANCO IANNOTTA  
GRACE VANDERWAAL  
JACOB WHITESIDES  
JOHNNYSWIM  
KELSEY BALLERINI  
LAURIE HERNANDEZ  
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Kilgore Rangerettes  
National Dance Institute  
Sayat Nova Dance Company  
Spirit of America Cheer  
Spirit of America Dance Stars  
Tap Dancing Christmas Trees

## Clowns

90th Parade Clowns  
Artist Clowns  
Baseball All-Stars  
Birthday Party Clowns  
Breakfast Clowns  
City Tourist Clowns  
Corny-Copia Clowns  
Dogwalker Clowns  
Funny Farm Clowns  
Funny Firefighter Brigade  
Half Baked Holiday Sweets  
Hi-Roller Skating Clowns  
Hoedown Clowns  
Holiday Clowns  
Jester Clowns with Queen of Hearts  
Keystone Cops & Robbers  
Malt Shop Clowns  
Nutty Professor Einsteins & Wacky Graduates  
Nutty-Cracker Ballet Clowns  
POP! Flowers  
Patriotic Clowns  
Pool Hall Clowns  
Pre-K Clowns  
Racing Rabbits  
Santa's Toy Box Clowns  
Silly Sailors  
Silly Seaside Clowns & Sea Creatures  
Sleepy Clowns  
Slumber Party Clowns  
Springtime Clowns  
Turkey Tech Players & Sports Fans  
Viking Clowns



PARADE  
STARTS  
HERE

77<sup>th</sup> Street



59<sup>th</sup> Street

# 90<sup>TH</sup> MACY'S THANKSGIVING DAY PARADE ROUTE

THURSDAY, NOVEMBER 24, 2016 • 9AM - NOON

Planning to be there in person? The best viewing areas are located on the west side of Central Park West from 77<sup>th</sup> Street to 59<sup>th</sup> Street, on the south side of 59<sup>th</sup> Street between Columbus Circle and 6<sup>th</sup> Avenue, and on 6<sup>th</sup> Avenue between 59<sup>th</sup> Street and 38<sup>th</sup> Street.

Please note: Public viewing is not recommended on 6<sup>th</sup> Ave between 34<sup>th</sup> and 38<sup>th</sup> Streets.

Columbus  
Circle

59<sup>th</sup> Street



42<sup>nd</sup> Street

Times  
Square



34<sup>th</sup> Street

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7<sup>th</sup> Avenue

6<sup>th</sup> Avenue

Broadway

PARADE  
ENDS  
HERE



34<sup>th</sup> Street

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